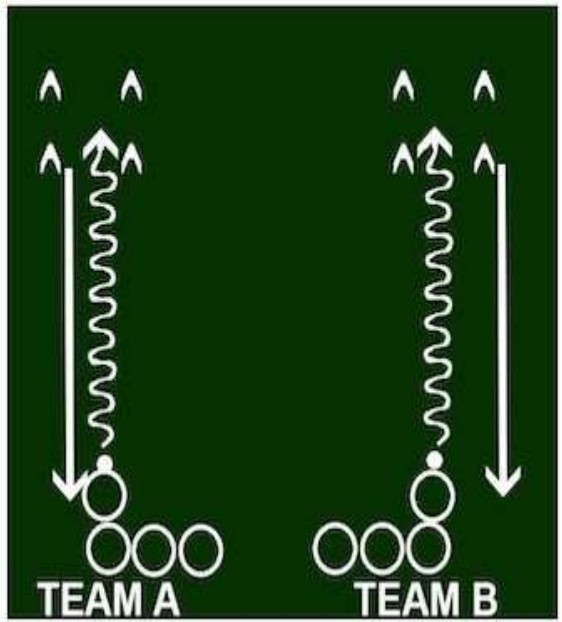


## Fill the Bucket

### FILL THE BUCKET



**Instructions:**

Divide your group into two teams, set them up in lines, and give each player a ball.

On "Go!" teams race one at a time to dribble to the bucket, stop their ball, and then sprint back to tag their teammate who does the same thing.

The first team who fills their bucket wins.

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Another game you can run that will excite and exhilarate the kids is the fun and frenetic Fill the Bucket.

This exercise sees two teams race against each other, working on their close control, dribbling skills and acceleration at the same time.

All you have to do is divide each team in two, give each player a ball and then set them up in two lines facing each other, around twenty metres apart. In the middle of the two lines make a smallish box or 'bucket' with four cones.

When you shout 'Go!' the first player from each team runs with the ball to the box.

They then stop the ball and sprint back to their next teammate.

Once they arrive, their teammate with the ball can do the same thing.

Like this, the two teams race until all the balls are in the 'bucket' and all the players are back at the end lines. The team that is fastest wins the race!

After this you can also play 'Empty the Bucket' which instead sees the players race to the box and then dribble back to the end of the line with a ball at their feet.

Another alternative is to set up some cones for the players to dribble through on their way to or from the 'bucket'. This makes it even more challenging and competitive!